MATRIX™

Strong. Smart. Beautiful.

ELLIPTICAL TOTAL BODY CROSS TRAINERS

OWNER'S MANUAL

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CHAPTER 1: IMPORTANT SAFETY INSTRUCTIONS

1.1 READ AND SAVE THESE INSTRUCTIONS

- This Elliptical Total Body Cross Trainer is intended for commercial use.
- To insure your safety and protect the equipment, read all instructions before operating the MATRIX Elliptical Total Body Cross Trainer.

When using an electrical product, basic precautions should always be followed, including the following:

- Always unplug this equipment from the electrical outlet immediately after using and before cleaning.

Your MATRIX Elliptical Total Body Cross Trainer is self-generating (requiring no external power source) and must be pedaled to power up the console.

WARNING: To reduce the risk of burns, fire, electrical shock or injury to persons that may be associated with using this product:

- An appliance should never be left unattended when plugged in. Unplug the entertainment device from outlet when not in use and before putting on or taking off parts.
- This product must be used for its intended purpose described in this Owner's Guide. Do not use other attachments that are not recommended by the manufacturer. Attachments may cause injury.
- To prevent electrical shock, never drop or insert any object into any opening.
- Do not remove the side covers. Service should only be done by an authorized service technician.
- Never operate the Elliptical Total Body Cross Trainer with the air opening blocked. Keep the air opening clean, free of lint, hair and the like.
- Never operate the product if it has a damaged cord or plug, if it is not working properly, if it has been damaged, or immersed in water. Return the unit to a service center for examination and repair.
- Do not carry this unit by the entertainment equipment power cord or use the cord as a handle.
- Keep hands and loose clothing away from moving parts.
- Close supervision is necessary when the Elliptical Total Body Cross Trainer is used by or near children or disabled persons.
- Do not use outdoors.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- Connect this Elliptical Total Body Cross Trainer entertainment equipment to a properly grounded outlet only.
- To disconnect, turn all entertainment controls to the off position, then remove plug from outlet.

CAUTION: If you experience chest pain, nausea, dizziness or shortness of breath, **STOP** exercising immediately and consult a physician before continuing.

1.2 SETTING UP THE ELLIPTICAL TOTAL BODY CROSS TRAINER

Assembly instructions have been provided with your Elliptical Total Body Cross Trainer. For your safety, please read and follow each of the steps in the assembly guide.

1.3 INSTALLATION REQUIREMENTS

Your Elliptical Total Body Cross Trainer is designed to be self contained and does not require a power supply to operate.

CAUTION: Use of the wrong power supply for the entertainment device may cause damage to your Elliptical Total Body Cross Trainer and/or entertainment device.

Locate a level, stable surface to position the Elliptical Total Body Cross Trainer. The Elliptical Total Body Cross Trainer has four leveling feet located under the foot supports. If your Elliptical Total Body Cross Trainer wobbles in the location where you intended to use it, loosen the lock nut on the adjusting foot and adjust the feet until stable. Once level, lock the adjusting feet by tightening the lock nut to the frame.

1.4 PREVENTATIVE MAINTENANCE AND CLEANING TIPS

Preventative maintenance and daily cleaning will prolong the life and look of your MATRIX Elliptical Total Body Cross Trainer.

Please read and follow these tips.

- Position the equipment away from direct sunlight. The intense UV light can cause discoloration or plastics.
- Locate your equipment in an area with cool temperatures and low humidity.
- Clean with a soft 100% cotton cloth.
- Clean with soap and water or other non-ammunia based all purpose cleaners.
- Wipe foot pads, handles, heart rate grips, and handlebars clean after each use.
- Do not pour liquids directly onto your equipment. This can cause dam age to the equipment and in the same cases electrocution.
- Check pedal motion and stability.
- Adjust leveling feet when equipment wobbles or rocks.
- Maintain a clean area around equipment free from dust and dirt.

CHAPTER 2: USING MANAGER PREFERENCE

2.1 USING MANAGER MODE ON E5X

Your MATRIX Elliptical Total Body Cross Trainer is designed to allow you to cutomize settings for your preferences and diagnostics. The Manager Mode can only be accessed while the Elliptical is powered up. Follow the instructions to adjust the Elliptical Total Body Cross Trainer computer for your desired setting.

STEP 1: Power up the Elliptical Total Body Cross Trainer and hold the **UP** and **DOWN** arrow keys for 3 seconds. The word 'Manager' will appear in the alphanumeric window and will enter into the Manager Setting automatically after 3 seconds. Continue to pedal until finished.

STEP 2: Select information you would like to view or change from the following list by using the **UP** or **DOWN** arrows. Press **SELECT**.

Manger mode will allow you to view and set the following.

DISPLAY	CODE: INFORMATION	USER DEFINABLE	DEFAULT VALUE	MIN.	MAX.
Manager	P0: Maximum program time	Y	95 min	5	95
	P1: Default time	Y	20 min	5	95
	P2: Default level	Y	L1	L1	L20
	P3: Default weight	Y	150 lbs	80lbs	400lbs
	P4: Speed	Y	Miles	Miles	KM
	P5: Machine	Y	BI	BI	RE,EL
	P6: Cardio Entertainment	Y	On	On	OFF
	P7: Accumulated Distance	Y	On	On	OFF
	P8: Accumulated Time				
	P9: Software Version				

STEP 3: Use **UP** or **DOWN** arrows to increase or decrease values.

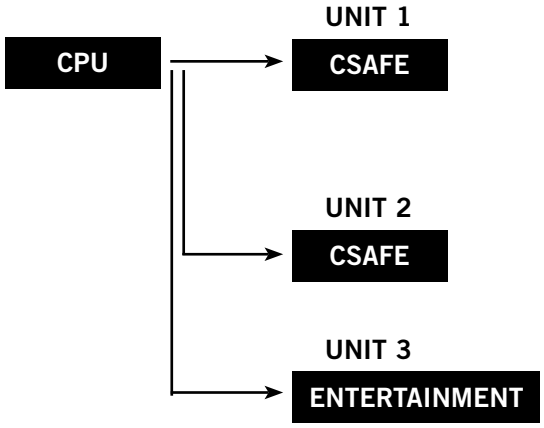
STEP 4: Press **START** to save and enter selected values and exit to **STEP 2.**

STEP 5: Exit by pressing **START**. Screen will reset to Start up.

2.2 USING CSAFE ON THE E5X CONSOLE

On the back of the console are two RJ45 receptacles. They are marked **CSAFE** and **ENTERTAINMENT**.

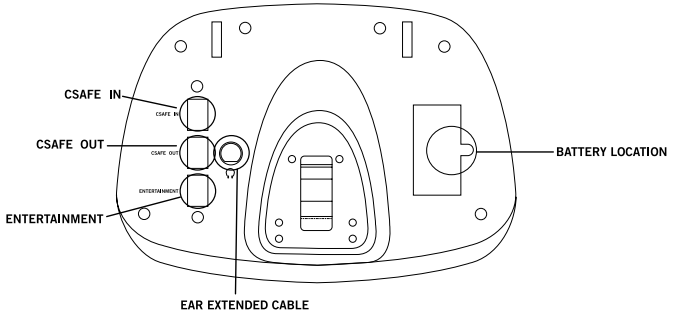
Use the **CSAFE** port to plug in a **CSAFE** device using an RJ45 connector. The connection is as follows:



*** THERE ARE THREE RECEPTICLES ON THE E5X CONSOLE ONLY**

2.3 E5X CONSOLE (BACK SIDE) ACCESS LAYOUT:

Below is a layout to all of the access ports on the back of your Matrix Console.



2.4 USING MANAGER MODE ON E5XC

Your MATRIX Elliptical Total Body Cross Trainer is designed to allow you to cutomize settings for your preferences and diagnostics. The Manager Mode can only be accessed while the Elliptical is powered up. Follow the instructions to adjust the Elliptical Total Body Cross Trainer computer for your desired setting.

STEP 1: Power up the Elliptical Total Body Cross Trainer and hold the **UP** and **DOWN** arrow keys for 3 seconds. The word 'Manager' will appear in the alphanumeric window and will enter into the Manager Setting automatically after 3 seconds. Continue to pedal until finished.

STEP 2: Select information you would like to view or change from the following list by using the **UP** or **DOWN** arrows. Press **SELECT**.

Manger mode will allow you to view and set the following.

DISPLAY	CODE: INFORMATION	USER DEFINABLE	DEFAULT VALUE	MIN.	MAX.
Manager	P0: Maximum program time	Y	95 min	5	95
	P1: Default time	Y	20 min	5	95
	P2: Default level	Y	L1	L1	L20
	P3: Default weight	Y	150 lbs	80lbs	400lbs
	P4: Speed	Y	Miles	Miles	KM
	P5: Machine	Y	BI	BI	RE,EL
	P6: Cardio Entertainment	Y	On	On	OFF
	P7: Accumulated Distance	Y	On	On	OFF
	P8: Accumulated Time				
	P9: Software Version				

STEP 3: Use **UP** or **DOWN** arrows to increase or decrease values.

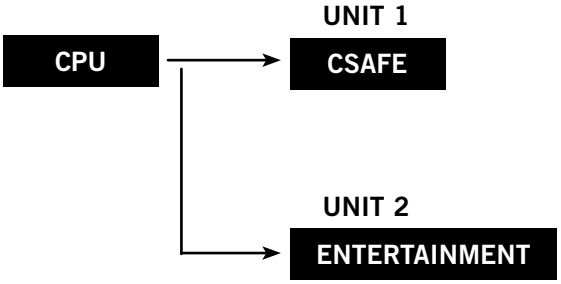
STEP 4: Press **START** to save and enter selected values and exit to **STEP 2.**

STEP 5: Exit by pressing **START**. Screen will reset to Start up.

2.5 USING CSAFE ON THE E5XC CONSOLE

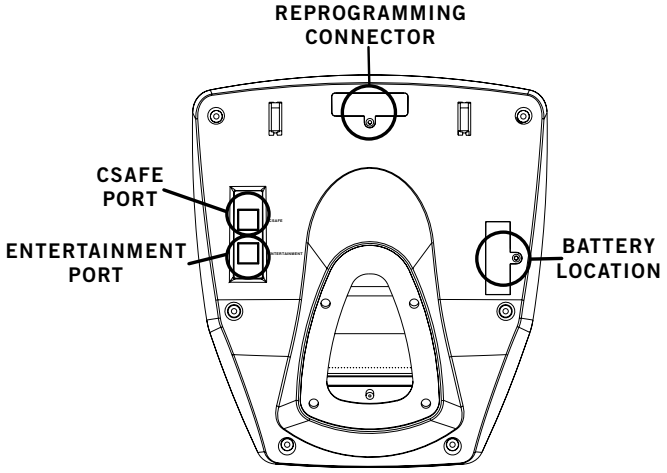
On the back of the console are two RJ45 receptacles. They are marked **CSAFE** and **ENTERTAINMENT**.

Use the **CSAFE** port to plug in a **CSAFE** device using an RJ45 connector. The connection is as follows:



2.6 E5XC CONSOLE (BACK SIDE) ACCESS LAYOUT:

Below is a layout to all of the access ports on the back of your Matrix Console.

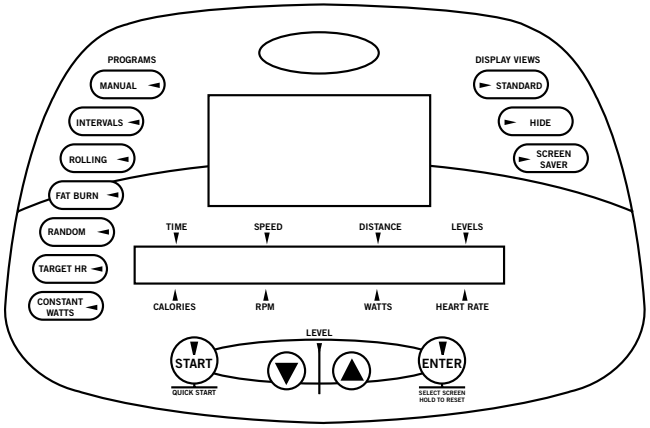


CHAPTER 3: USING THE E5X ELLIPTICAL

3.1 PAUSING THE UNIT

Once you stop pedaling, your console has a 30 second pause feature. You will know that machine is paused because the console will display a bouncing green dot. If the dot is not displayed, then the 9-volt battery located in the back of the console needs to be replaced. Simply remove the screw to access the battery compartment and replace the 9-volt battery.

3.2 CONSOLE DESCRIPTION



PROGRAMS: Simple program selection buttons make MATRIX Elliptical easy to use. Matrix Elliptical feature seven programs.

START/QUICK START: One Touch Quick Start and Start any time during preference selection.

UP/DOWN: Easy information and level selection.

SELECT/SELECT SCREEN/RESET: This multi-function button enters information when setting up programming options, toggles information displayed, and if held down for 5 seconds, resets the Elliptical to Start-up mode.

3.3 MANUAL OPERATION

Matrix design makes using the programs as easy as a touch of a button.

QUICK START: Start pedaling and press QUICK START to begin work out.

Manual Mode allows you to enter desired time, level and weight.

STEP 1: Select the **MANUAL** button.
Press **ENTER** or wait 5 seconds.
Selecting **START** will start program.

STEP 2: Select **TIME** by using the **UP** or **DOWN** arrow keys.
Press **ENTER** or wait 5 seconds.
Selecting **START** will start program.

STEP 3: Select **LEVEL** by using **UP** or **DOWN** arrow keys.
You can change the level at any time during workout.
Press **ENTER** or Wait 5 seconds.
Selecting **START** will start program.

STEP 3: Select Weight by using the **UP** or **DOWN** arrow keys.
Press **START** or **ENTER** to begin workout.
Display, Starting 3, Starting 2, Starting 1

3.4 OPERATING LEVEL BASED PROGRAMS

Your MATRIX Elliptical Total Body Cross Trainer offers versatile programs to keep the user motivated. The following instructions will guide you through simple steps to select INTERVALS, ROLLING, FAT BURN and RANDOM programs.

STEP 1: Select the **PROGRAM** button.
Press **ENTER** or wait 5 seconds.
Selecting **START** will start program.

STEP 2: Select **TIME** by using the **UP** or **DOWN** arrow keys.
Press **ENTER** or wait 5 seconds.
Select **START** will start program.

STEP 3: Select **LEVEL** by using **UP** or **DOWN** arrow keys.
You can change the level at any time during workout.
Press **ENTER** or Wait 5 seconds.
Select **START** will start program.

STEP 4: Select Weight by using the **UP** or **DOWN** arrow keys.
Press **START** or **ENTER** to begin workout.
Display, Starting 3, Starting 2, Starting 1

3.5 TARGET HR

For your convenience, your MATRIX FITNESS Elliptical Total Body Cross Trainer comes standard with digital contact heart rate sensors and is POLAR telemetry compatible.

Locate the metal sensors on the handrail of the Elliptical Total Body Cross Trainer. Notice there are two separate pieces of metal on each grip. You must be making contact with both pieces of each grip to get an accurate heart rate reading. You can grab these sensors in any program to view your current heart rate. The Heart Rate readout is located in the lower right hand corner and is labeled **HEART RATE**.

Follow these easy steps to enter into the Target HR Program.

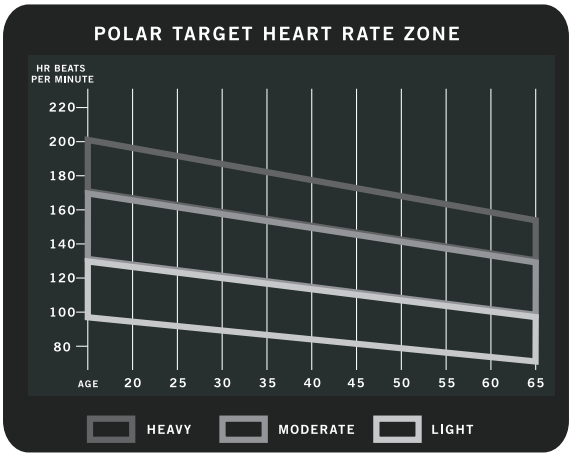
STEP 1: Select the **TARGET HR** button.
Press **ENTER** or wait 5 seconds.
Selecting **START** will start program.

STEP 2: Select **AGE** by using the **UP** or **DOWN** arrow keys.
Press **ENTER** or wait 5 seconds.
Selecting **START** will start program.

STEP 3: Select **PRECENT** by using **UP** or **DOWN** arrow keys.
Press **ENTER** or Wait 5 seconds.
Selecting **START** will start program.

STEP 4: Select **TIME** by using **UP** or **DOWN** arrow keys.
Press **ENTER** or Wait 5 seconds.
Selecting **START** will start program.

STEP 5: Select Weight by using the **UP** or **DOWN** arrow keys.
Press **START** or **ENTER** to begin workout.
Display, Starting 3, Starting 2, Starting 1



3.6 CONSTANT WATTS

CONSTANT WATTS program is a unique program that allows you to vary your cadence or RPM and the resistance will adjust accordingly to your selected goal. The quicker you pedal the less resistance for the goal selected.

Follow these easy steps to enter into the Constant Watts Program.

STEP 1: Select the **CONSTANT WATTS** button.
Press **ENTER** or wait 5 seconds.
Selecting **START** will start program.

STEP 2: Select **WATTS** by using the **UP** or **DOWN** arrow keys.
Press **ENTER** or wait 5 seconds.
Selecting **START** will start program.

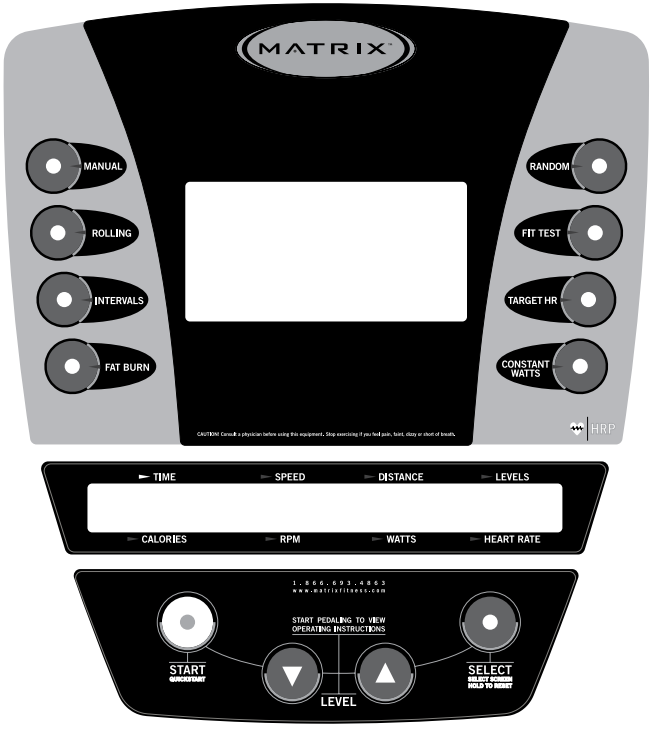
STEP 3: Select **TIME** by using **UP** or **DOWN** arrow keys.
Press **ENTER** or wait 5 seconds.
Selecting **START** will start program.

STEP 4: Select Weight by using the **UP** or **DOWN** arrow keys.
Press **START** or **ENTER** to begin workout.
Display, Starting 3, Starting 2, Starting 1

4.1 PAUSING THE UNIT

Once you stop pedaling, your console has a 30 second pause feature. You will know that machine is paused because the console will display a bouncing green dot. If the dot is not displayed, then the 9-volt battery located in the back of the console needs to be replaced. Simply remove the screw to access the battery compartment and replace the 9-volt battery.

4.2 CONSOLE DESCRIPTION



PROGRAMS: Simple program selection buttons make MATRIX Elliptical Total Body Cross Trainer easy to use. Matrix MATRIX Elliptical Total Body Cross Trainerfeature eight programs.

START/QUICK START: One Touch Quick Start and Start any time during preference selection.

UP/DOWN: Easy information and level selection.

SELECT/SELECT SCREEN/RESET: This multi-function button enters information when setting up programming options, toggles information displayed, and if held down for 5 seconds, resets the Console to Start-up mode.

4.3 MANUAL OPERATION

Matrix design makes using the programs as easy as a touch of a button. **QUICK START:** Start pedaling and press QUICK START to begin workout. Manual Mode allows you to enter desired time, level and weight.

STEP 1: Select the **QUICKSTART** button.
Press **SELECT** or wait 5 seconds.
Selecting **START** will start program.

STEP 2: Select **TIME** by using the **UP** or **DOWN** arrow keys.
Press **SELECT** or wait 5 seconds.
Selecting **START** will start program.

STEP 3: Select **LEVEL** by using **UP** or **DOWN** arrow keys.
You can change the level at any time during workout.
Press **SELECT** or Wait 5 seconds.
Selecting **START** will start program.

STEP 4: Select **WEIGHT** by using the **UP** or **DOWN** arrow keys.
Press **START** to begin workout.
Display, Starting 3, Starting 2, Starting 1

4.4 OPERATING LEVEL BASED PROGRAMS

Your MATRIX Elliptical Total Body Cross Trainer offers versatile programs to keep the user motivated. The following instructions will guide you through simple steps to select ROLLING, INTERVALS, FAT BURN and RANDOM programs.

STEP 1: Select the **PROGRAM** button.
Press **SELECT** or wait 5 seconds.
Selecting **START** will start program.

STEP 2: Select **TIME** by using the **UP** or **DOWN** arrow keys.
Press **SELECT** or wait 5 seconds.
Select **START** will start program.

STEP 3: Select **LEVEL** by using **UP** or **DOWN** arrow keys.
You can change the level at any time during workout.
Press **SELECT** or Wait 5 seconds.
Select **START** will start program.

STEP 4: Select Weight by using the **UP** or **DOWN** arrow keys.
Press **START** to begin workout.
Display, Starting 3, Starting 2, Starting 1

4.5 FIT TEST

FIT TEST program allows you to measure our fitness level by using one of two unique tests. Test one takes 12 minutes to complete and test two take 15 minutes to complete.

Follow these easy steps to enter in the Fit Test Program.

STEP 1: Select the **FIT TEST** button.
Select **TEST 1** or **2** by using the **UP** or **DOWN** arrow keys.

STEP 2: Select **AGE** by using the **UP** or **DOWN** arrow keys.
Press **SELECT** or wait 5 seconds.

STEP 3: Select **GENDER** by using the **UP** or **DOWN** arrow keys.
Press **SELECT** or wait 5 seconds.

STEP 4: Select **WEIGHT** by using the **UP** or **DOWN** arrow keys.
Press **START** or **SELECT** to begin workout.
Display, Starting 3, Staring 2, Starting 1.

STEP 5: Display will read results of FIT TEST.

STEP 6: Display will read **2:00 MINUTE COOL DOWN**.
Display will show totals for time, distance, calories, speed, RPM, watts.

MEN'S OUTPUT TABLE FOR TEST #1 AND #2

AGE	EXCELLENT	ABOVE AVERAGE	AVERAGE	BELOW AVERAGE	POOR
13-14	>2700m	2400-2700m	2200-2399M	2100-2199M	<2100M
15-16	>2800m	2500-2800m	2300-2499M	2200-2299M	<2200M
17-20	>3000m	2700-3000m	2500-2699M	2300-2499M	<2300M
20-29	>2800m	2400-2800m	2200-2399M	1600-2199M	<1600M
30-39	>2700m	2300-2700m	1900-2299M	1500-1999M	<1500M
40-49	>2500m	2100-2500m	1700-2099M	1400-1699M	<1400M
50 +	>2400m	2000-2400m	1600-1999M	1300-1599M	<1300M

WOMEN'S OUTPUT TABLE FOR TEST #1 AND #2

AGE	EXCELLENT	ABOVE AVERAGE	AVERAGE	BELOW AVERAGE	POOR
13-14	>2000m	1900-2000m	1600-1899M	1500-1599M	<1500M
15-16	>2100m	2000-2100m	1700-1999M	1600-1699M	<1600M
17-20	>2300m	2100-2300m	1800-2099M	1700-1799M	<1700M
20-29	>2700m	2200-2700m	1800-2199M	1500-1799M	<1500M
30-39	>2500m	2000-2500m	1700-1999M	1400-1699M	<1400M
40-49	>2300m	1900-2300m	1500-1899M	1200-1499M	<1200M
50 +	>2200m	1700-2200m	1400-1699M	100-1399M	<1100M

4.6 HEART RATE CONTROL

For your convenience, your MATRIX FITNESS Elliptical Total Body Cross Trainer comes standard with digital contact heart rate sensors and is POLAR telemetry compatible.

Locate the metal sensors on the handrail of the Elliptical Total Body Cross Trainer. Notice there are two separate pieces of metal on each grip. You must be making contact with both pieces of each grip to get an accurate heart rate reading. You can grab these sensors in any program to view your current heart rate. The Heart Rate readout is located in the lower right hand corner and is labeled **HEART HR**.

Follow these easy steps to enter into the Heart Rate Program.

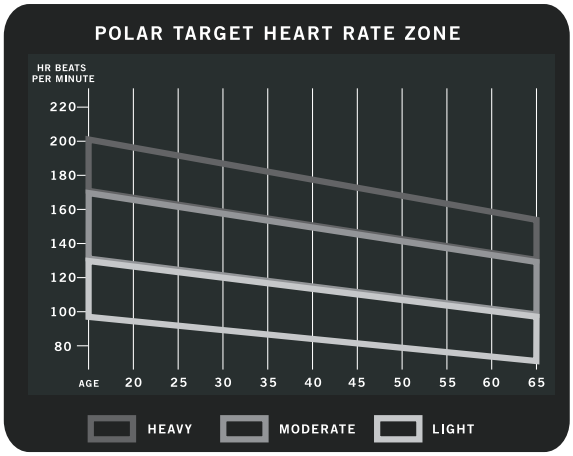
STEP 1: Select the **TARGET HR** button.
Press **SELECT** or wait 5 seconds.
Selecting **START** will start program.

STEP 2: Select **AGE** by using the **UP** or **DOWN** arrow keys.
Press **SELECT** or wait 5 seconds.
Selecting **START** will start program.

STEP 3: Select **PRECENT** by using **UP** or **DOWN** arrow keys.
Press **SELECT** or Wait 5 seconds.
Selecting **START** will start program.

STEP 4: Select **TIME** by using **UP** or **DOWN** arrow keys.
Press **SELECT** or Wait 5 seconds.
Selecting **START** will start program.

STEP 5: Select Weight by using the **UP** or **DOWN** arrow keys.
Press **START** or **SELECT** to begin workout.
Display, Starting 3, Starting 2, Starting 1



4.7 CONSTANT WATTS

CONSTANT WATTS program is a unique program that allows you to vary your cadence or RPM and the Elliptical Total Body Cross Trainer resistance will adjust accordingly to your selected goal. The quicker you pedal the less resistance for the goal selected.

Follow these easy steps to enter into the Constant Watts Program.

STEP 1: Select the **CONSTANT WATTS** button.
Press **SELECT** or wait 5 seconds.
Selecting **START** will start program.

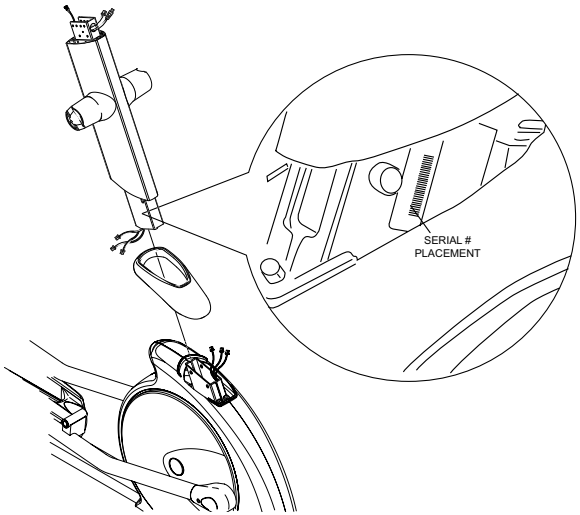
STEP 2: Select **WATTS** by using the **UP** or **DOWN** arrow keys.
Press **SELECT** or wait 5 seconds.
Selecting **START** will start program.

STEP 3: Select **TIME** by using **UP** or **DOWN** arrow keys.
Press **SELECT** or Wait 5 seconds.
Selecting **START** will start program.

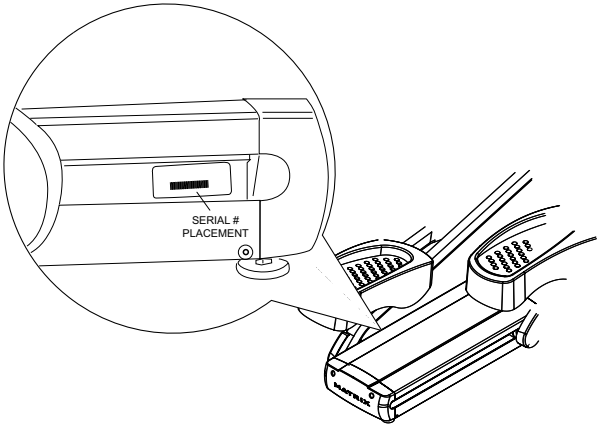
STEP 4: Select Weight by using the **UP** or **DOWN** arrow keys.
Press **START** or **SELECT** to begin workout.
Display, Starting 3, Starting 2, Starting 1

CHAPTER 5: SERIAL NUMBER LOCATION

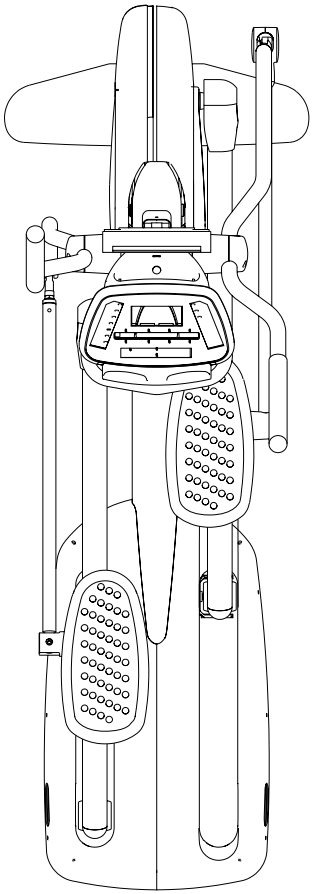
5.1 MX-E5x ELLIPTICAL CROSS TRAINER



5.2 MX-E5xc ELLIPTICAL CROSS TRAINER



6.1 MX-E5x ELLIPTICAL CROSS TRAINER SPECIFICATIONS



SPECIFICATIONS

Product Name	E5x
Foot Print	inches = 85" x 29" x 72" cm = 215.9 x 73.6 x 182.9
Weight	350 lbs 158.8 kg
Max User Weight	400 lbs = 181 kg
Stride Length	21"
Frame Construction	Aluminum/Steel
Self Contained	Yes
Resistance Type	Generator
Resistance Levels	20
Dual Action	Yes

PROGRAMS

One Button Quick Start	Yes
Random (20 profiles)	Yes
Target Heart Rate	Yes
Interval	Yes
Constant Watts	Yes
Rolling	Yes
Fat Burn	Yes

CLEANING BRUSH

Track Cleaning	Yes

PEDAL

Self Leveling	Yes
Pedal Size	16" x 7"
Distance Between Pedals	3.5"

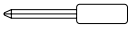
HEART RATE

Wireless Heart Rate	Yes
Contact Heat Rate	Yes

ENTERTAINMENT READY

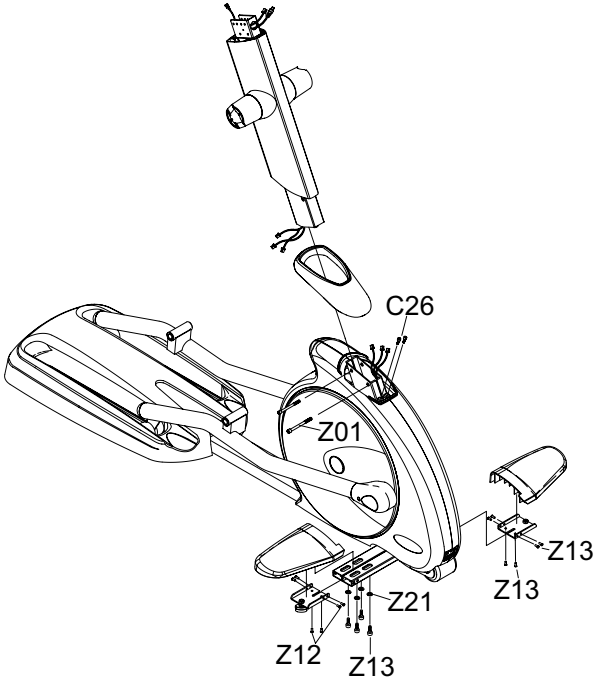
Coaxial Cable Connection	Yes
AC TV Power Connection	Yes
Monitor Mount	Yes

6.2 MX-E5x ELLIPTICAL CROSS TRAINER FASTENERS & ASSEMBLY TOOLS

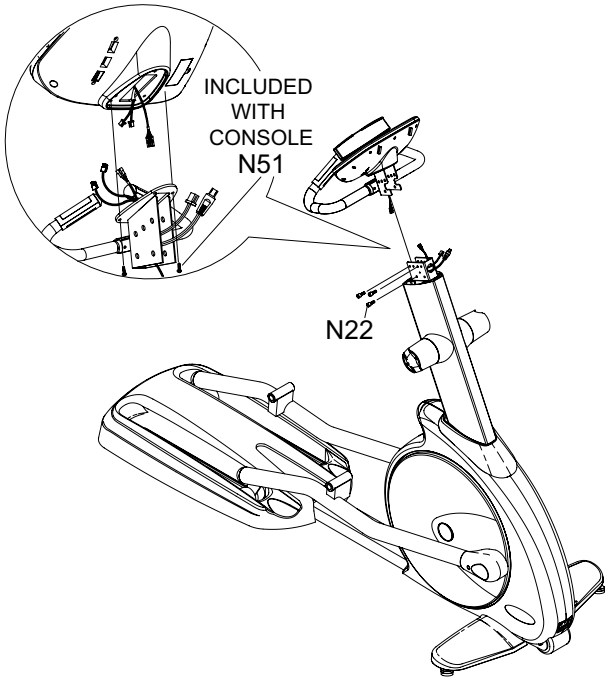
QTY	PART #	SKETCH	DESCRIPTION	NOTES
01			4mm ALLEN WRENCH	
01			5mm ALLEN WRENCH	
01			6mm ALLEN WRENCH	
01			SOCKET WRENCH	
01			#2 PHILLIPS SCREW DRIVER [4.5 x 50]	
02	Z01		SOCKET HEAD CAP SCREW(M10 x 75)	
04	Z02		PAN HEAD PHILLPS DRIVE SCREW(M5 x 15L)	
12	Z03		PAN HEAD MACHINE SCREW(M5 x 12L)	
02	Z04		PAN HEAD MACHINE SCREW(M5 x 8L)	
02	Z05		WAVE WASHER(20.5x29.1.1.5t)	
04	Z06		BUTTON HEAD SOCKET CAP SCREW(M8x10L)	
02	Z07		BUTTON HEAD SOCKET CAP SCREW(M8x20L)	
02	Z08		SOCKET HEAD CAP SCREW(M10x40L)	
02	Z09		NYLOK NUT(M10x40L)	
02	Z10		BEARING ROD PIN	
04	Z11		PAN HEAD PHILLIPS DRIVE SCREW(M4x15L)	
12	Z12		SOCKET HEAD CAP SCREW(M8x12L)	
08	Z13		SOCKET HEAD CAP SCREW(M6x15L)	
08	Z21		FLAT WASHER(6.4x11x1.6t)	
06	Z22		SOCKET HEAD CAP SCREW(8x15L)	
04	C23		SOCKET HEAD CAP SCREW(8x65L)	
04	C26		SOCKET HEAD CAP SCREW(8x35L)	
04	N51		BUTTON HEAD MACHINE SCREW(M5 x 12L)	Included in console

6.3 MX-E5x ELLIPTICAL CROSS TRAINER ASSEMBLY STEPS

STEP 1

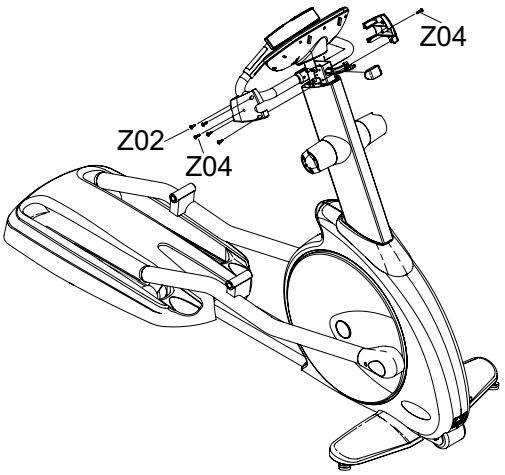


STEP 2

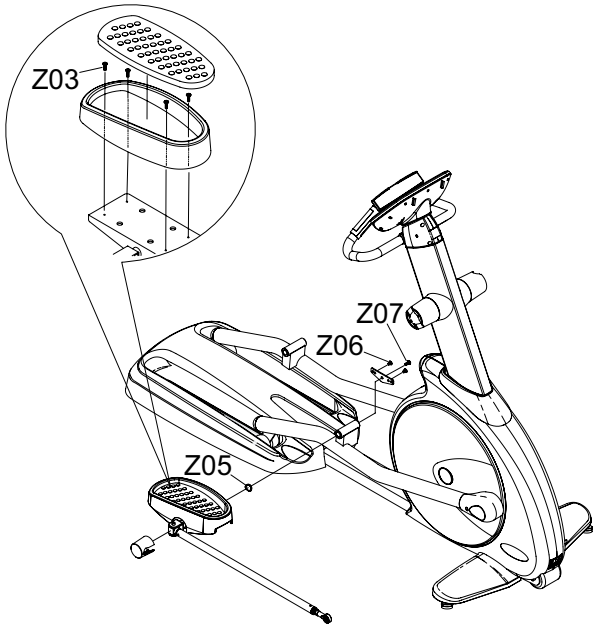


6.3 MX-E5x ELLIPTICAL CROSS TRAINER ASSEMBLY STEPS

STEP 3

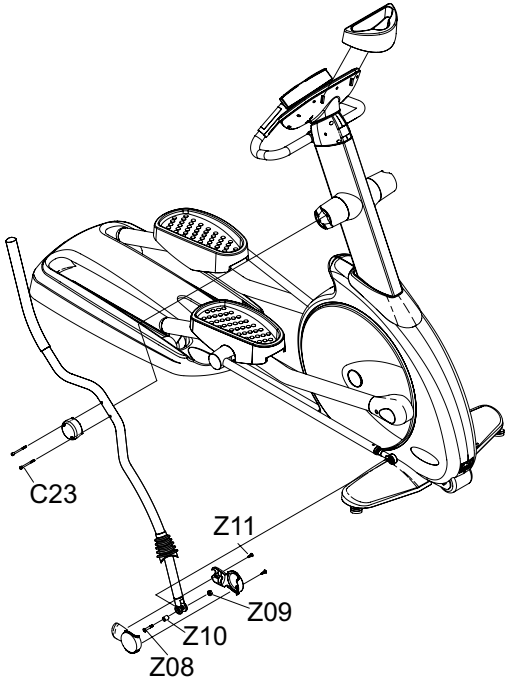


STEP 4

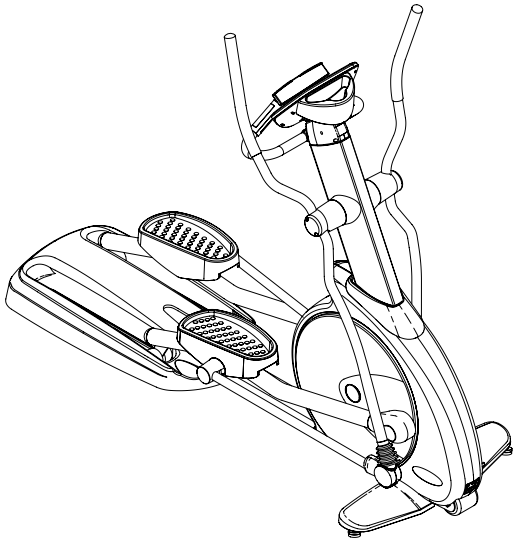


6.3 MX-E5x ELLIPTICAL CROSS TRAINER ASSEMBLY STEPS

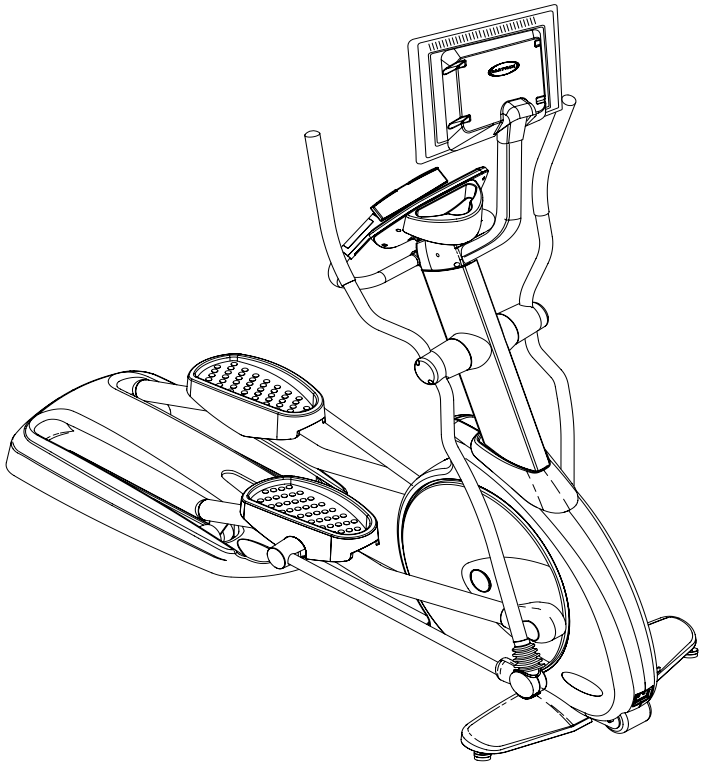
STEP 5



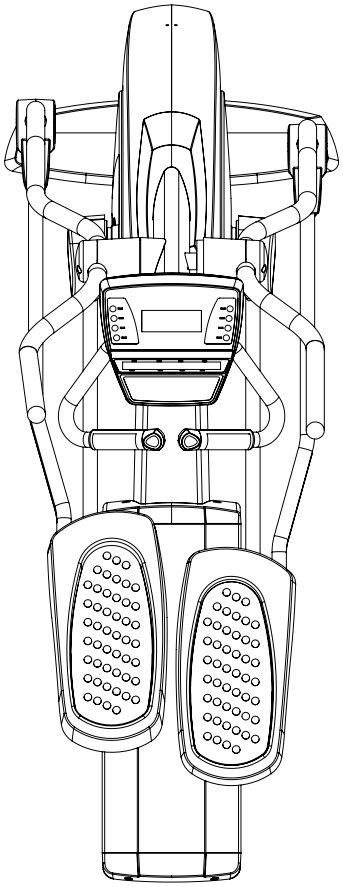
FINAL ASSEMBLY



6.4 MX-E5x OPTIONAL ENTERTAINMENT ACCESSORY SHOWN



7.1 MX-E5xc ELLIPTICAL CROSS TRAINER SPECIFICATIONS



SPECIFICATIONS

Product Name	E5xc
Foot Print	inches = 72"L x 29"W x 71"H cm = 182.9 x 215.9 x 73.6
Weight	281 lbs 158.8 kg
Max User Weight	400 lbs = 181 kg
Stride Length	21"
Frame Construction	Steel
Self-Powered	Yes
Resistance Type	Generator
Resistance Levels	25
Dual Action	Yes

PROGRAMS

One Button Quick Start	Yes
Random (20 profiles)	Yes
Target Heart Rate	Yes
Interval	Yes
Constant Watts	Yes
Rolling	Yes
Fat Burn	Yes
Fit Test	Yes

PEDAL

Self Leveling	Yes
Pedal Size	16" x 7"
Distance Between Pedals	3.0"

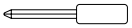
HEART RATE

Wireless Heart Rate	Yes
Contact Heat Rate	Yes

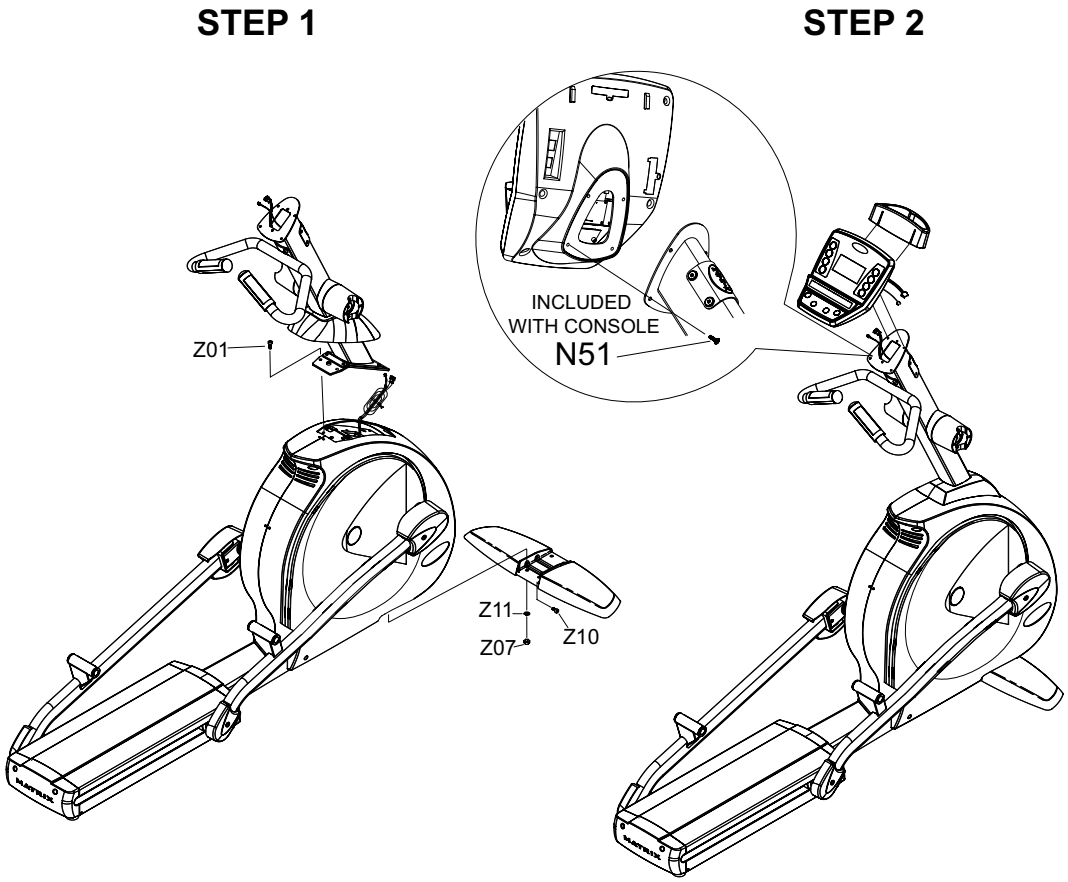
ENTERTAINMENT READY

Coaxial Cable Connection	Yes
AC TV Power Connection	Yes
Monitor Mount	Yes

7.2 MX-E5XC ELLIPTICAL CROSS TRAINER FASTENERS & ASSEMBLY TOOLS

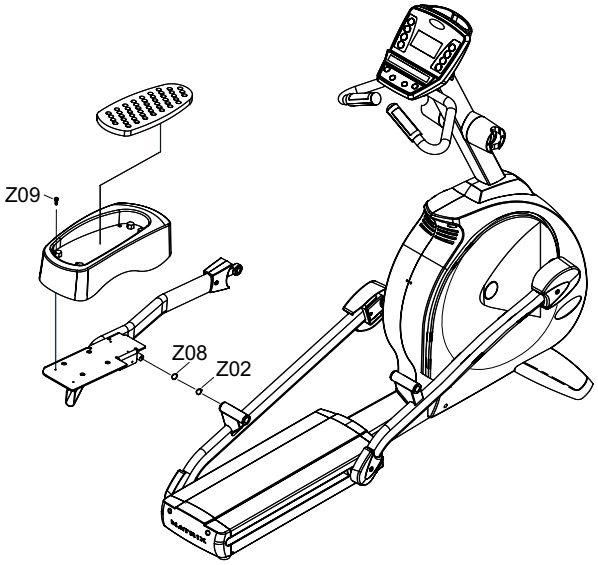
QTY	PART #	SKETCH	DESCRIPTION	NOTES
01			4mm ALLEN WRENCH	
01			5mm ALLEN WRENCH	
01			6mm ALLEN WRENCH	
01			OPEN WRENCH [13mm, M8]	
01			#2 PHILLIPS SCREW DRIVER [6x100L]	
10	Z07		NYLON NUT(M8x1.25P)	
04	Z10		SOCKET HEAD CAP SCREW(M6x12L)	
04	Z11		LOCK WASHER(8.0x13.0x2t)	
10	Z01		SOCKET HEAD CAP SCREW(M8x15L)	
02	Z02		WAVE WASHER(20.5x29x1.5t)(Plastic)	
02	Z08		WAVE WASHER(20.7x29.1x0.3t)(Metal)	
08	Z09		FLAT HEAD SOCKET CAP SCREW(M5x10L)	
02	E42		CONNECT PLATE	
06	Z03		PAN HEAD MACHINE SCREW(M5x10L)	
04	Z05		SOCKET HEAD CAP SCREW(65MM)	
02	Z06		WASHER(8.2x16x1.0L)	
04	Z30		BUSHING	
04	N51		BUTTON HEAD MACHINE SCREW(M5 x 12L)	Included in console

7.3 MX-E5XC ELLIPTICAL CROSS TRAINER ASSEMBLY STEPS

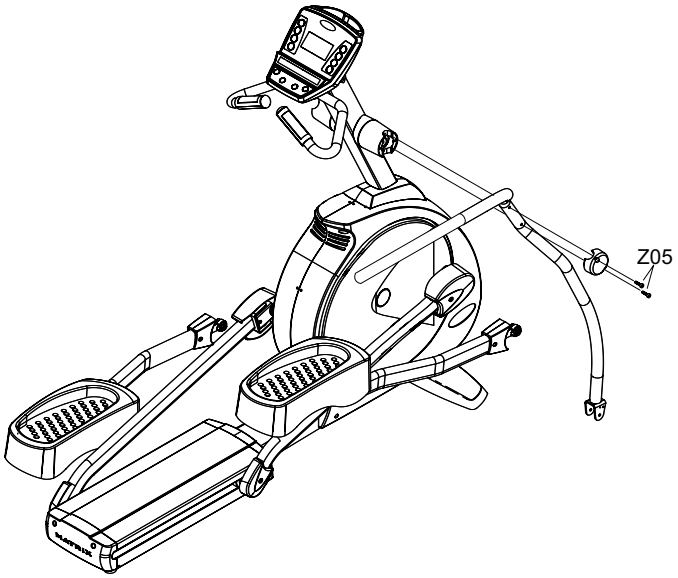


7.3 MX-E5XC ELLIPTICAL CROSS TRAINER ASSEMBLY STEPS

STEP 3

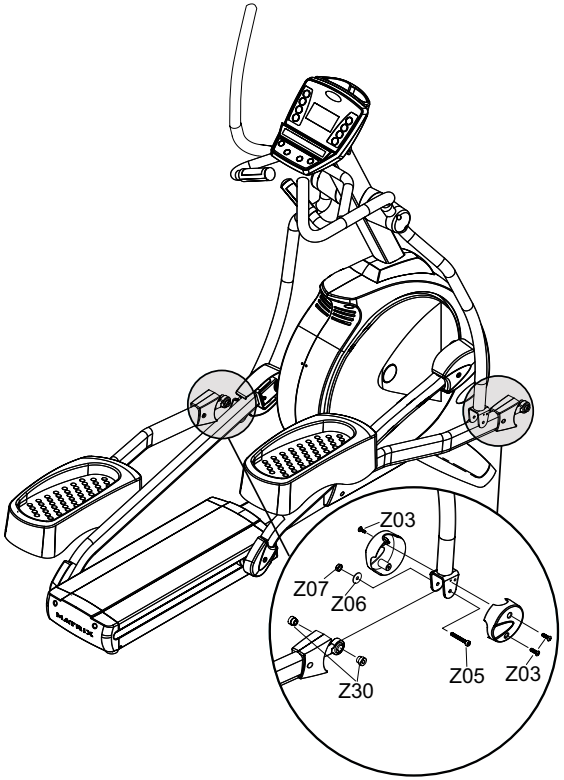


STEP 4

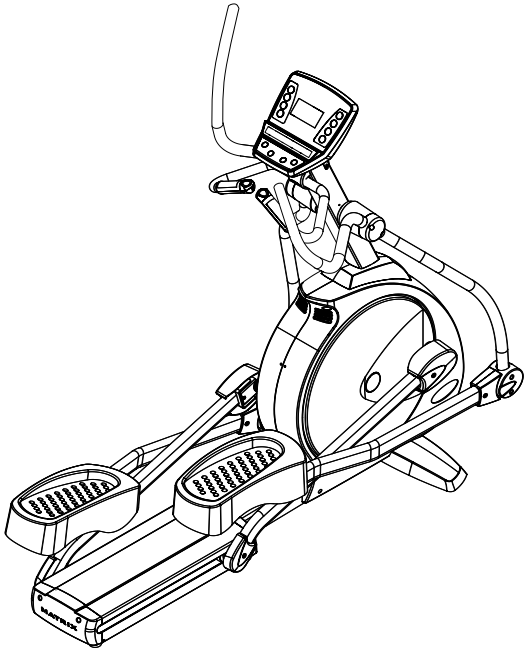


8.3 MX-E5XC ELLIPTICAL CROSS TRAINER ASSEMBLY STEPS

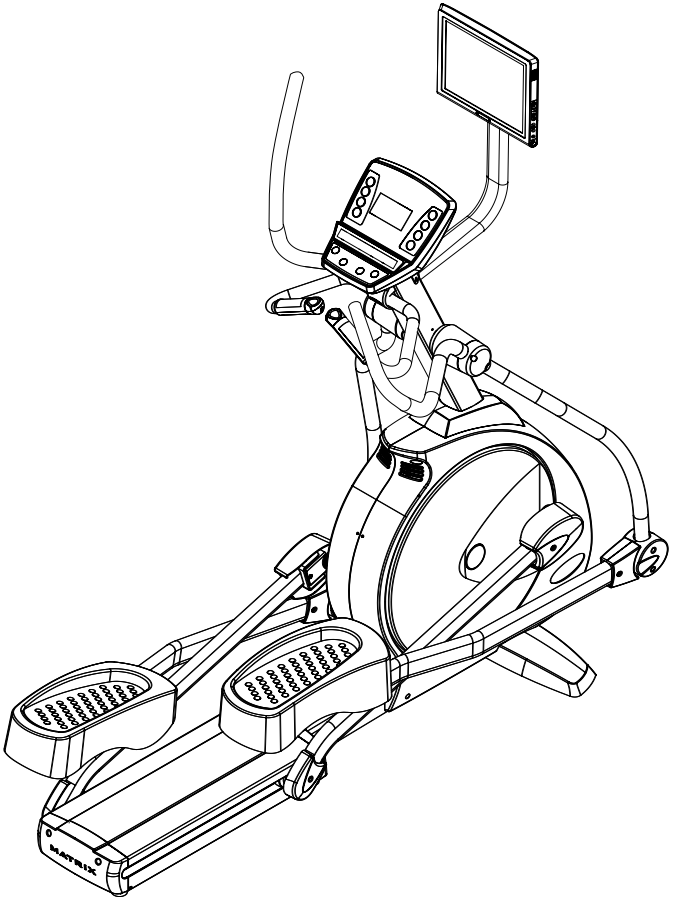
STEP 5



FINAL ASSEMBLY



8.4 MX-E5XC OPTIONAL ENTERTAINMENT ACCESSORY SHOWN



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REV. 02